Boston's Age Strong Commission

Weekly Digest

January 31- February 6, 2022

Information & opportunities for Boston's older adults

BOSTON CITY HALL

Free COVID-19 Pfizer & Moderna Vaccination Clinics

- Tuesday, Jan 18, 10am-4pm
- Thursday, Jan 20, 12pm-6pm
- Tuesday, Jan 25, 10am-4pm
- Thursday, Jan 27, 12pm-6pm
- Tuesday, Feb 1, 10am-4pm

Walk-ins welcome!

First and second doses (5 years and older)

Boosters for anyone 12+

1 City Hall Square

Boston MA, 02201







FREE PFIZER COVID-19 VACCINE CLINIC Walk-ins welcome!

GALLIVAN COMMUNITY CENTER

61 Woodruff Way, Mattapan MA, 02126 Mondays from 2pm-8pm

Schedule an appointment! https://home.color.com/vaccine/register/lcgboston





First and second doses for ages 5+ Boosters for ages 12+



WEEKLY DIGEST
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Stay Connected to Age Strong:

City Hall, Room 271 1 City Hall Square Boston, MA 02201 617-635-4366 agestrong@boston.gov boston.gov/agestrong





@AgeStrongBos

AGE+

City of Boston Age Strong Commission



MONDAY, JANUARY 31

5pm

Parks: Virtual Fitness: Dance Fit

Click <u>here</u> to register & for more information.

TUESDAY, FEBRUARY 1

10:30am

A Quilting Circle

BPL: Codman Square

690 Washington Street, Dorchester

Click here to register & for more information.

10:30 am Film showing via Zoom

12:30 pm Film discussion via ZoomUMass

UMass Boston: Lifelong Learning

Winter Film Series: "Sounder" (1972)

Email ollireg@gmail.com to register

5:30pm

Office of Housing Stability Virtual Legal Clinic

Click here to register & for more information.

<u>6pm</u>

BPL Virtual: The North End:

Boston's Overlooked 19th Century Black Community

Click here to register & for more information.

6:30pm

Parks: Virtual Fitness: Afrobeats Dance

Click here to register & for more information.

WEDNESDAY, FEBRUARY 2

10am

UMass Boston: Lifelong Learning Beyond the 54th

Lecture by National Park Ranger Jocelyn Gould

Email ollireg@gmail.com to registe

11am

Parks: Virtual Fitness: Chair Yoga

Click <u>here</u> to register & for more information.

12noon-3pm

Free Legal Immigration Consultations

Mayor's Office of Immigrant Advancement Click <u>here</u> to register & for more information.

<u>3pm</u>

BPL Virtual: Shelf Service Live

Recommendations from BPL librarians.

Click <u>here</u> to register & for more information.

<u>4pm</u>

BPL: Free Tax Preparation (Drop-Off & Remote Only)

Click here to register & for more information.

THURSDAY, FEBRUARY 3

<u>11am</u>

BPL Virtual: Savvy with Social Media: Tips for Using Instagram

Click here to register & for more information.

<u>1pm</u>

BPL Virtual: Lunchtime

Science Fiction/Fantasy Short Story Club

Click here to register & for more information.

2:30-5:30pm

The Dudley Winter Market

11 Brook Avenue, Roxbury Click here for more information.

<u>6pm</u>

BPL Virtual: Book Group:

"Dominicana" by Angie Cruz

Click <u>here</u> to register & for more information.

<u>6:30pm</u>

Parks: Virtual Fitness: Zumba

Click <u>here</u> to register & for more information

FRIDAY, FEBRUARY 4

10am-12noon

BPL Virtual: Drop-in Office Hours: Legal

Services Center

Click here to register & for more information.

12:30pm

Parks: Virtual Fitness: Chair Meditation

Click here to register & for more information.

SATURDAY, FEBRUARY 5

<u>9am</u>

Parks: Virtual Fitness: Strength Training

Click here to register & for more information.

<u>10am-1pm</u>

Dorchester Winters Farmers Market

6 Norfolk Street, Dorchester

Click here for more information.

<u>10am-4pm</u>

BPL: City-Wide Friends Book Sale

Boston Public Library: Central Branch 700 Boylston Street, Copley Square Click here for more information:

SUNDAY, FEBRUARY 6

12noon-3pm

Roslindale Farmers Market

19 Corinth Street, Roslindale Click here for more information.

6pm

Parks: Virtual Fitness: Yoga

Click <u>here</u> to register & for more information.

Walk Up

Free COVID-19 Testing

Bruce C. Bolling Building 2300 Washington Street Roxbury, MA 02119

> Tuesdays - Saturdays 12 p.m. - 8 p.m.







OTHER TESTING SITES AVAILABLE HERE: BOSTON.GOV

Call the Mayor's Health Line at 617-534-5050 for more information

SIGN UP FOR ALERT-BOSTON!

In 4 simple steps:

- Enter your Email or Phone number
- 2 Select how you would like to be Alerted
- 3 Enter your First and Last Name
- 4 Enter your Zip Code & Select a Language

Sign up at boston.gov/alert-boston

WRITING YOUR FAMILY STORIES

Write and share stories about family members, your roots, and growing-up memories in this two-week, online workshop facilitated by Write the World instructors.

JOIN US:

Wednesdays from 11AM to NOON on February 9 and February 16

Thursdays from 7PM to 8PM on February 10 and February 17

TO REGISTER, OR FIND OUT MORE CONTACT:

Renee Frechette renee.frechette@boston.gov 617-635-4168



City of Boston Age Strong Commission Mayor Michelle Wu



FREE! MEETS ONLINE!



Free walk up COVID-19 Testing

Jubilee Christian Church 1500 Blue Hill Avenue, Mattapan

Tuesday, Wednesday, Thursday:

12:00 pm. - 7:00 p.m.

OTHER TESTING SITES AVAILABLE HERE: BOSTON.GOV





Call the Mayor's Health Line at 617-534-5050 for more information

BECOME AN AMERICORPS RSVP VOLUNTEER





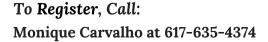




Let's Help Boston Older Adults Get Access to Food

Make Local Deliveries or Volunteer at a Local Pantry

- Must be 55+
- Pass a CORI check
- Have a valid driver's license & reliable vehicle
- Flexible schedule





City of Boston Age Strong Commission Mayor Michelle Wu



GIVE BACK

As an AmeriCorps
Volunteer Tax Preparer!!!

Help older adults maximize their state and federal refunds.



-Help provide no-cost tax preparation services for income-eligible residents.-Free training to become an RSVP Tax Preparer.



No tax preparation experience required!



• Must Be 55+
• Complete a
CORI check

For more information, contact Monique Carvalho 617-635-4374 Monique.Carvalho@Boston.gov

AGE+

City of Boston Age Strong Commission Mayor Michelle Wu



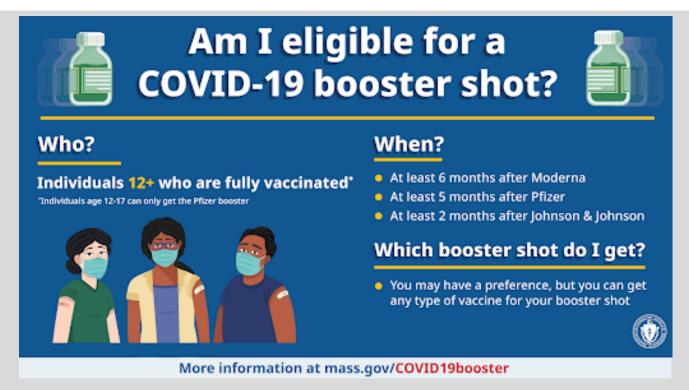


WINTER SAFETY TIPS

If you see individuals out in the cold who appear immobile, disoriented, or underdressed for the cold, please call **911**.

Boston.gov/cold

CITY of BOSTON



For help scheduling a booster or transportation to get a booster, call 311 or Age Strong at 617-635-4366 or visit boston.gov



Call Age Strong at 617-635-4366 for an appointment with an advocate.



FREE IMMIGRATION CONSULTATIONS

Ask a lawyer for advice

immigrantadvancement@boston.gov 617-635-2980





KEEP BOSTON SENIORSWARM THIS WINTER

The **Seniors Save** program can provide up to \$8,000 to eligible seniors to replace faulty heating systems.

Visit **boston.gov/seniors-save** to apply today.

Free Walk Up COVID-19 Testing

Lilla G. Frederick Pilot

Middle School

270 Columbia Rd., Boston, MA 02121



Friday: 5-9pm

Saturday: 12-8pm

Sunday: 10am-6pm

OTHER TESTING SITES AVAILABLE HERE: BOSTON.GOV





Call the Mayor's Health Line at 617-534-5050 for more information



PLAN FOR THE COLD



Information for Everyone



Dress in loose layers with a waterproof outer layer.



Stay inside some place warm.



If in danger of frostbite, soak cold digits in warm water. Do not massage or use heating pad.

DID YOU KNOW?

- Everyone is at risk of adverse health effects from cold weather exposure, such as frostbite and hypothermia.
- Stay dry! Being wet and cold is the main cause of adverse health effects. Overheating is also dangerous because sweating will lead to being wet and cold.
- Even short periods of skin being exposed to extreme cold can be dangerous. Uncovered skin releases heat that your body needs and can lead to frostbite.
- Cold affects people unequally. Those who are over 65 years old, have chronic medical
 conditions or disabilities, work outdoors, experience homelessness, or use substances
 are more at risk.
- Hypothermia is a serious condition caused by prolonged exposure to cold. It can occur
 indoors as well as outdoors. Warm your body, keep dry, and call 9-1-1 if needed.

RESOURCES

1

Get warm at public warming centers and Boston Public Libraries. 2

Get emergency notices via text, email or phone from AlertBoston. (3

Under certain conditions, such as extreme cold, utilities cannot be shut off for non-payment.

For more information on these resources, call 3-1-1 or visit boston.gov/cold